

Charitable Incorporated Organisation No. 1160125


Open Age Virtual Programme

Monday 13th - Friday 17th July


**“Click” to make an
 Activity Donation**

PLEASE NOTE - Adult Community Learning (ACL), you need to commit to a number of sessions. Once on an ACL course you do not need to rebook.


If you attended last week, there is no need to rebook through bookings@openage.org.uk this week for the activities you attended, we will be in contact with you to confirm the details.




Includes standing exercise







Includes chair exercise







Includes floor exercise

Time		Class
10.00-11.00am		Ballet on Zoom
10.00-11.00am		Italian for (Almost) Beginners on Zoom
10.00 – 11.00am		Literature and Poetry Appreciation
10.00-11.30am		IT – Excel for Personal Budgeting on Zoom
10.30-11.30am		Phone Group: Kensington Activity Group (KAG) (a range of topical discussions and shared stories and quizzes)
11.00-12.30		Shared Reading on Zoom
11.15-12.15pm		Italian for complete Beginners on Zoom




11.45-12.45		ART – Drawing and Painting (Yorkshire Sculpture Park and Monet’s Garden at Giverny) on Zoom
11.30–12.30pm		Latin Dance on Zoom
11.30-12.30pm		Monday Forum Phone Group (a range of topical discussions and shared stories and quizzes)
12.15-1.15pm		<i>Look & Cook: Recipes from around the world on Zoom</i> Fortnightly, next class on 20th July
12.45-1.45pm		Pilates on Zoom
1.00-2.30pm		IT – Word and Touch-typing on Zoom
2.00 - 3.00pm		Yoga on Zoom
2.00-3.30pm		DRAMA – The Actor’s Toolbox (creating and understanding a character)
2.15- 3.15pm		Phone Group: Men’s Social Group
2.30-3.30pm		Mindfulness & Relaxation *NEW*
2.30-3.30pm		Chair Exercise on Zoom
2.30–3.30pm		Osteo Blast on Zoom <i>(for Westminster residents)</i>
2.30–3.30pm ACL		ART – Drawing and Painting (Yorkshire Sculpture Park and Monet’s Garden at Giverny) on WhatsApp
2.30-4.00pm		Memoir Writing, a 4-week course with Soho Poly Theatre **NEW**
4.00-5.00pm		Phone Group: Creative Writing




Tuesday

Time	Class
10.00–11.00am	Zumba on Zoom
10.00-11.00am	Open Space Talks: *NEW* <i>The Whitechapel Society – The Red Barn Murder of 1827</i>
10.00-11.00am ACL	French for Almost Beginners on Zoom
10.00-11.30am ACL	IT – Improve Internet Skills through taking a journey down Memory Lane on Zoom
10.00-11.00	Fun with Art on Zoom – “Rear Window” project
10.30–11.30am	Steady and Stable on Zoom <i>(for members who were attending the programme before closure)</i>


11.15-12.15pm	ACL	French for Complete Beginners on Zoom
11.15-12.15pm	ACL	Creative Writing
11.30-12.30pm		Kundalini Yoga on Zoom
12.30-1.30pm		Lifestories (Creative Writing) on Zoom
1.00-2.00pm		Singing for Joy on Zoom (Group 2)
1.00-2.00pm	ACL	IT - How to use Further Functions as a Participant on Zoom (Part 1 of 10)
1.00-2.00pm		Keep Fit on Zoom
2.00-3.30pm	ACL	IT – Social Media and staying online Safely on Zoom
2.00-2:45pm		Steady & Stable Phone Group
2.30-3.30pm	ACL	Creative Writing
2.30-3.30pm		Time for Me: Carers Phone Group & Social <i>(Android phones Q&A with Lena)</i>
2.30-4.00pm		Open Age and The Courtauld Gallery: “Journeys” A 3-week workshop series.
3.00-4.00pm		Yoga on Zoom
3.30–4.30pm		Pilates on Zoom

Wednesday

Time		Class
10.00–11.00am		Yoga on Zoom
10.00 – 11.00am		Creative Sewing on Zoom
10.00-11.30am	ACL	How to Video call Family and Friends on Zoom
10.00-11.30am	ACL	How to Host a Zoom Meeting
10.00-11.00am	ACL	French Next Step up on Zoom
11.00- 12.30pm		Greek Mythology on Zoom
11.15-12.15pm	ACL	French Next Step up on Zoom
11.15-12.15pm	ACL	Creative Writing on Zoom
11.45-12.45pm	ACL	ART -Drawing on the Right Hand Side of the Brain on Zoom
11.30-12.30pm	 	Exercise to Music






12.15-1.15pm		Phone Group: Men's Cooking Social Group
12.15-2pm		How to Use Zoom
1.00-2.00pm		Pilates on Zoom
1.00-2.00pm		Guitar for All on Zoom
1.30-3.30pm		Carers Creative Writing on Zoom fortnightly
1.30-2.30pm	ACL	Meditation and Mindfulness for beginners (<i>starts 17 June</i>)
2.00-3.00pm		Writing for Laughs (<i>Exploring and writing Comedy</i>) *NEW*
2.30-3.30pm		Time for Me: Carers Phone Group & Social (<i>Apple Iphones Q&A with Lena</i>)
2:30-3:30pm		Steady and Stable on Zoom (<i>for members who were attending the programme before closure</i>)
2.30-3.30pm	ACL	Drawing on the Right Hand Side of the Brain – WhatsApp
2.30-3.30pm	ACL	Creative Writing on Zoom
2.30-3.30pm		Soca on Zoom (dance to Caribbean carnival music) <i>*Bookings open from 9am one week before</i>
2.30-3.30pm		Phone Group: Camden Ward Social Group
3.00-4.00pm		Theatre Discussion Class on Zoom
3.00-4.00pm		Chi Gong on Zoom
3.15-5.00pm		How To Use Zoom
4.00-5.00pm	ACL	Poetry on Zoom
4.00-5.00pm	ACL	Meditation and Mindfulness for those who have some experience
6.00-7.00pm	NEW	Talk Series: A Challenge in Memory of Nancy by The Open Age Kilimanjaro Climbers 2020




Thursday

Time		Class
10.00-11.00am		Boxing Fitness on Zoom
10.00-11.00am	ACL	English with Confidence (English as a second language) on Zoom
10.00-11.30am	ACL	IT – Creating a Website using WordPress on Zoom

11.00-12.00pm		Osteo Blast on Zoom <i>(for Westminster residents)</i>
11.00-12.00pm		Philosophy on Zoom – class 1
11.15-12.15pm	ACL	Spanish for Complete Beginners on Zoom
11.30-12.30pm	 	Chair Exercise to Music on Zoom
12.45- 1.45pm		Philosophy on Zoom – class 2
1.00-2.00pm	ACL	IT - How to use Further Functions as a Participant on Zoom (Part 2 of 10)
1.00-2.00pm	ACL	Italian – Next Step up from Beginners on Zoom
1.30-3.15pm		How to Use Zoom
2.00-3.00pm		Phone Group: Shared Reading
2.00-3.00pm		Bolder not Older Dance *NEW*
2.30-3.30pm		Steady and Stable on Zoom <i>(for members who were attending the programme before closure)</i>
2.30 – 3.30pm	ACL	Spanish conversation on Zoom
2.45-4.15pm		How to Use Zoom
3.00 – 4.00pm		History of Art on Zoom
3.15-4.15pm		Fit Steps
4.00-5.00pm		Phone Group: Topical Hour

Friday

Time		Class
10.00-11.00am	ACL	IT – iPad ART on Zoom
10.00-11.00am		Pilates on Zoom
10.45-11.45am		Healthy Lungs on Zoom <i>(for members who were attending the programme before closure)</i>
10.30-11.30am		Members' Social Quiz on Zoom
11.00-1.00pm	 	Time for Me Carers: Kundalini Yoga on Zoom <i>Chair and/or mat based session.</i> <i>(Time for Me carers only)</i>
11.15-12.45pm	ACL	Getting to know your iPad during lockdown on Zoom
11.45-12.45pm	 	Stretch and Tone on Zoom
11.15-12.15pm		Beginner's Drawing on Zoom

12.00-1.00pm	Phone Group :Friday Meals Social Group (Food related discussion, quizzes, recipes)
12.15- 2.00pm	How to use Zoom
12.30-1.30pm ACL	Spanish for almost beginners on Zoom
1.00-2.00pm	Singing for Joy on Zoom (Group 1)
1.00-2.00pm 	Chi Gong on Zoom
1.00 - 1.45pm	Healthy Lungs by Phone <i>(for members who were attending the programme before closure)</i>
2.30-3.30pm ACL	Getting to know your iPhone during lockdown on Zoom
2.30-3.30pm ACL	Spanish next step up from Beginners on Zoom
2.30-3.30 pm  	Step up from Steady on Zoom
3.45-4.45pm ACL	Spanish next step up from Beginners on Zoom

Other

Time	Class	EMAIL FOR BOOKING
Various times	If you have recently had a fall at home and require support and guidance to stay safe at home the Specialist Falls Prevention Team are ready to help.	dbath@openage.org.uk spage@openage.org.uk
Link Up	Would you benefit from a chat about your interests and what we offer to help you explore what might be suitable? Or to find out a bit more about how our activities could benefit you and what they are like? You can get in touch with a member of our LinkUp team (RBKC) on the provided email.	ecohen@openage.org.uk
YouTube	The following classes are now available on YouTube to do in your own time: <ul style="list-style-type: none"> • Pilates • Latin 	physicalactivitybookings@openage.org.uk Please make it clear in your email which class(es) you would like to try and that you are registering for YouTube.